

Adult Fitness

YOGA



Yvonne Bannister is qualified, certified and trained in the instructional art of yoga. This is a class complete with instructional techniques on yoga, proper breathing, form, posture, breathing, and poses.

Instructor: Yvonne Bannister

Location: Cultural and Community Center, Mira Monte Room

Activity#	Date	Day	Time	Age	Sessions
4690.305	9/1-9/29*	T	6:30-7:25pm	8yrs+	4
4690.306	10/6-10/27	T	6:30-7:25pm	8yrs+	4
4690.307	11/3-11/24	T	6:30-7:25pm	8yrs+	4

*No Class 9/8

Resident: \$45.00 / CRC Member: FREE

Non Resident: \$55.00 / CRC Member: FREE



FAMILY YOGA

(Parents, 6months+)

This class promotes involvement of mothers-to-be, parents with their toddlers, and is designed to offer a unique opportunity for parents and children to develop a relationship and bond. The elements of yoga will be implemented and modified for both parents and children who are participating in this class.

Instructor: Amy McElroy

Location: Centennial Recreation Center, Aerobics Room

Activity#	Date	Day	Time	Age	Sessions
4690.301	9/1-9/22	T	9:30-10am	6months+	4
4690.302	10/6-10/27	T	9:30-10am	6months+	4
4690.303	11/3-11/24	T	9:30-10am	6months+	4
4690.304	12/1-12/22	T	9:30-10am	6months+	4

Resident: \$25 / CRC Member: FREE

Non Resident: \$30 / CRC Member: FREE



PRE-POST NATAL YOGA

Join Yvonne Bannister with her spectacular pre-post natal yoga class. This class will demonstrate an exercise regimen suitable for moms before and after pregnancy. 60-minutes of relaxation and breathing exercises to help out the pre-and post-pregnant moms.

Instructor: Yvonne Bannister

Location: Centennial Recreation Center, Sr. Activity Room #1

Activity#	Date	Day	Time	Age	Sessions
4690.308	9/3-9/24	TH	6-7pm	18yrs+	4
4690.309	10/1-10/22	TH	6-7pm	18yrs+	4
4690.310	11/5-11/26	TH	6-7pm	18yrs+	4

Resident: \$25 / CRC Member: FREE

Non Resident: \$30 / CRC Member: FREE

FOUNDATIONS OF POWER YOGA

Refining your alignment, moving your practice forward with grace. Power Vinyasa Yoga Instructor Jennifer Moiles will lead a practice and discussion on refining alignment, finding freedom and success in challenging poses, and moving your practice forward safely and effectively. The workshop format will allow for input and suggestions from participants, addressing personal challenges in the flow, and one-on-one attention to each participant. Topics to be covered include (but are not limited to): refining the sun salutation sequence for grace and flow, building healthy backward bending poses, and using pops and straps to support, bind and deepen poses.

Instructor: Jennifer Moiles

Location: Centennial Recreation Center, Aerobic Room

Activity#	Date	Day	Time	Age	Sessions
5210.302	9/19	Sa	1-3pm	18yrs+	1

Resident: \$30 / CRC Member: \$25

Non Resident: \$40 / CRC Member: \$35

WEIGHT TRAINING FOR WOMEN

This six week one-hour class is an intensive group experience using Cybex strength training equipment and free weights. Topics such as anatomy, physiology, fat loss and cardiovascular conditioning will be discussed. This course gives you the opportunity to workout next to a Fitness Coach so personalized instruction is guaranteed. This class also gives you an opportunity to meet other people. For more information or to register please see the Welcome Center.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Fitness Center

Activity#	Date	Day	Time	Age	Sessions
5631.301	9/21-10/26	M	12-1pm	18yrs+	6
5631.302	11/2-12/7	M	12-1pm	18yrs+	6

Resident: \$55 / CRC Member: \$45

Non-Resident: \$75 / CRC Member: \$65

ADULT

BUST A GRIND BOOT CAMP

Are you ready to kick-start your fitness program? Then join us for "Bust a Grind" Boot Camp Challenge! This three-week group exercise program will give you a total body workout like you've never seen before. All levels of fitness seekers are welcome and encouraged! Each day there will be something new including use of kickboxing techniques, stability balls, dumb bells, resistance bands, bosu trainers and so much more! Also included as part of this challenge is:

- A Pre-Challenge Consultation which will review the program details, your personal fitness goals and we will also take a full body compensation including body fat percentages and measurements.
- Unlimited email support from a Certified Personal Trainer.
- Access to an Online Challenge forum where you can find all things pertaining to health and fitness as well give you the opportunity to connect with fellow participants.
- A Post-Challenge Follow-Up to discuss your achievements and future fitness goals. We will also do another full body compensation to see your results!

Instructor: CRC staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
5690.301	10/5-10/23	M/W/F	5-6am	18yrs+	9
5690.302	11/2-11/20	M/W/F	5-6am	18yrs+	9

Resident: \$140 / CRC Member: \$135

Non Resident: \$150 / CRC Member: \$145



YOGA: BEGINNING INVERSIONS AND ARM BALANCES

This workshop will include a flowing yoga practice with attention to the mechanics and awareness needed to begin practicing inversions and arm balances. Poses introduced may include (but not be limited to) crow, side crow, tripod headstand, dolphin pose, classical headstand, and handstands. This workshop is for the practiced beginner and intermediate yoga student.

Instructor: Jennifer Moiles

Location: Centennial Recreation Center, Aerobic Room

Activity#	Date	Day	Time	Age	Sessions
5210.304	10/17	Sa	1-3pm	18yrs+	1

Resident: \$30 / CRC Member: \$25

Non Resident: \$40 / CRC Member: \$35

PERSONAL TRAINING

Our personal training program is individualized and specifically tailored to fit your needs. Our certified trainers will guide you through a customized program, which will get you the results you need in the fastest and most effective way possible. You will be instructed in all components necessary to alter body composition, including the use of proper bio-mechanics, anatomy, physiology, proper nutrition and much more. For more information or to register please contact the Welcome Center.

Location: Centennial Recreation Center

Fees: \$70 per session (Individual sessions)
 \$330 6-session package @ \$55 per session
 \$528 12-session package @ \$44 per session
 \$688 16-session package @ \$43 per session
 \$756 18-session package @ \$42 per session
 \$936 24-session package @ \$39 per session

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet clients goals.

CITY CONNECTION
MORGAN HILL NEWS

READ ALL ABOUT IT!

Now in the Recreation Activity Guide.
 Starting on page 49



Look for this starburst
 through out the
 Recreation Guide to find
FREE CLASSES
 with your CRC membership.

ADULT